100 WARTBURG BLVD., WAVERLY, IA 50677

Wartburg finishes fall season with five conference titles. See page 8

CHANGE SERVICE REQUESTED

NONPROFIT ORG
US POSTAGE
PAID
WARTBURG COLLEGE.

WARTBURG TRUMPET

November 18, 2013 | For more news, visit www.wartburgcircuit.org | Volume 108, Number 10

Super storm hits home

Typhoon Haiyan impacts Wartburg alumna and student's family

ASHLEY DAVIS *STAFF WRITER*
ashley.davis@wartburg.edu

Just a few miles outside Tacloban, Philippines, 2012 Wartburg alumna Shubira Bocko has been serving and working for the Peace Corps. Little did she know that one of the biggest storms on record would pass through that area.

But this wasn't just any storm; this storm was a typhoon.

Rev. Ramona Bouzard has been receiving updates from Bocko through Facebook, but she said communication has been difficult during this time.

"She's doing fine, it's so hard though, and she's expressed it in her Facebook posts," Bouzard said. "What she saw in Tacloban is just so horrific, but she's determined to stay."

Bouzard said that Bocko posted on Facebook that she was inside a concrete building during the typhoon, but if she had been outside, she wouldn't have survived.

KWWL Meteorologist Jeff Kennedy said a typhoon is the same thing as a hurricane.

"We call them 'hurricanes' on our side of the globe, but as soon as the storm crosses the international dateline, it becomes a 'typhoon.' It gets a different name, but it's the same storm," Kennedy said.

According to a recent CNN report, the total death toll from Typhoon Haiyan has reached 3,633 people, with 12,487 people injured and 1,179 people still missing.

Kennedy said there were adequate warnings for this storm issued and meteorologists knew this weather system was going to be a major storm before it hit.

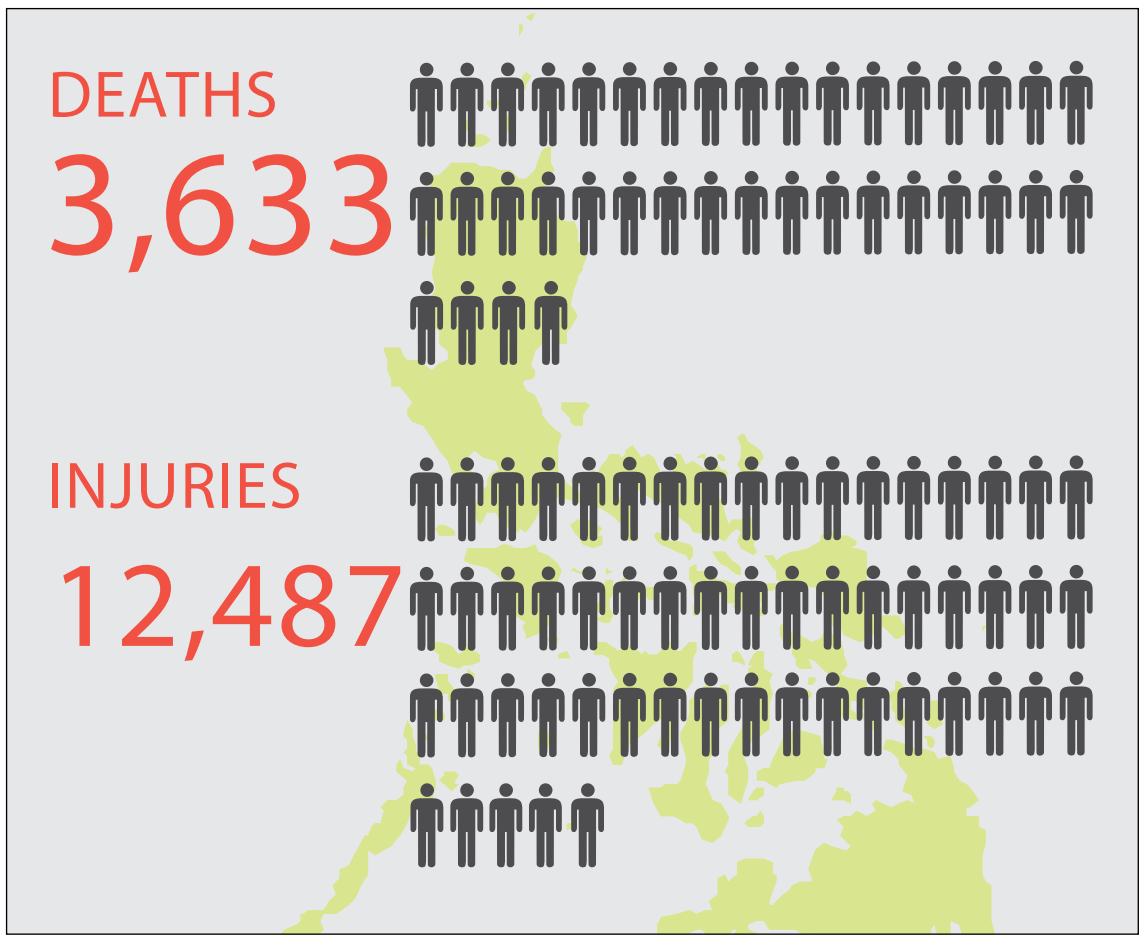
"I'm not sure if the people in the Philippines just were not prepared or they didn't pay attention to the warnings," Kennedy said. "A major typhoon shouldn't really catch people off guard."

This "Super Typhoon" has affected the lives of people all over the globe.

Wartburg student Karina Devine said she has also faced the challenges of getting in contact with those affected by this natural disaster.

Devine said her great-uncle is retired and lives in the Philippines over extended periods of time, and he just so happened to be there at the time when the typhoon hit.

▸ **Students pray for Philippines p. 2**



— **Sibusiso Kunene**/*TRUMPET*

Mensa trans-fat free

JEANNE EDSON *NEWS EDITOR*
jeanne edson@wartburg.edu

Dining services has made some subtle, but serious changes in their kitchens. All homemade dishes from the college's kitchen no longer contain any trans-fats.

Margaret Empie

Margaret Empie, Dining and Retail Services assistant vice president, said several years ago dining services made the decision to eliminate trans-fats from their recipes in an effort to avoid the various health risks associated with the ingredient.

"What we've done is gone through our recipes one by one and looked at the items we were buying from our suppliers," Empie said. "We purchase over $100,000 of food each month, sometimes five hundred to six hundred cases of food twice a week."

According to the American Heart Association, trans-fats raise bad cholesterol levels while lowering good cholesterol levels. Eating trans-fats increases the risk of developing heart disease and stroke. The fat is also tied to a higher risk of developing Type 2 diabetes.

"Since heart disease is the leading killer among men and women, eliminating trans-fats from the diet is a good choice," said Beth Green, assistant director of personal training and massage therapy at "The W."

"Examples are margarine, prepared desserts, frozen pizzas and boxed cookies."

Green said, ingesting trans-fats on a regular basis can create health problems in the future for students.

"Even though you are young now and possibly more active, as life goes on, you might not be as active when you are older. Some people are already at risk due to hereditary genes for high cholesterol," Green said.

"They may not consider that now, by eating tons of baked goods, some fried foods and margarines, could affect their levels in the future and their weight."

The Mensa has seen the majority of the changes and with those changes comes a period of trial and error, Empie said.

"In some recipes, cookies in particular, it called for margarine rather than butter. We had to test our recipes and switch our cookies to butter, which means the cookies would be crispy if they're cooked the same amount," Empie said.

"And we all know that students like soft cookies."

▸ **Trans-fats eliminated p. 2**

Wrestling season poses health concerns

KARINA DEVINE *STAFF WRITER*
karina.devine@wartburg.edu

As the wrestling season kicks off another year, the wrestlers have to start cutting weight and if not done properly, it could be a fatal task.

According to the New York Times, in 1997 three collegiate wrestlers died after strenuous weight-loss workouts combined with the use of controversial nutritional supplements.

Since then, the NCAA has created regulations for weight-loss among wrestlers.

Although this is the recommended way to lose weight, Wartburg wrestlers like Zack Henaman and Connor Campo said it's not that easy to follow.

"It's pretty difficult because when you start cutting weight you start craving all types of food and anything to drink. The fluids are what make it really hard because if you drink a bottle of water then that's a pound right there," Campo said.

Wartburg physician's assistant Megan McMillan, said there is a right way and wrong way to cut weight.

"I think if it's regulated and the coaches and everybody's on the same page and they're getting nutritional counsel and making sure they're staying healthy while they're cutting then that's the right way to do it," McMillan said.

"At the beginning of the year the wrestlers weigh themselves and do a fat test. With that information, the coaches help figure out the healthiest weight class for the wrestlers to go to," head wrestling coach Eric Keller said.

"The wrestlers can then proceed to lose weight by following the weight-loss guidelines given by the NCAA and Wartburg."

According to the Wartburg wrestling handbook, wrestlers are encouraged to eat smaller meals throughout the day rather than starving themselves.

"You can't really afford to have body fat on you. If you are carrying extra weight, it's going to change the way your body moves and in wrestling that's hard," Keller said.

When losing weight isn't done properly, there can be some negative side effects.

"If I wait until the last minute to cut weight, then I get kind of tired and it can be a little hard to focus in my classes. But it's better off to just follow the cutting rules so then I don't feel like crap," Campo said.

Keller agreed with Campo.

"If you are cutting weight the right way, you should be balanced.

"If you are eating the right things and getting the extra work outs in then it shouldn't have a negative effect in any other area of your life like in your relationships or classwork," Keller said.

Wartburg head wrestling coach Eric Keller, prepares the wrestling team for their match at Luther by keeping them on track to make their assigned weight class.— **Karina Devine**/*TRUMPET*

Project proposals due

The Res and Löhe applicants work to include service and learning

AMARA THEIN *STAFF WRITER*
amara.thein@wartburg.edu

The Residence and Löhe are service- and educational-based residence halls, which encourage life-long learning, leadership, teamwork and service, Yvonne Ayesiga, Residential Life Service-Learning Coordinator, said.

To reflect Wartburg's academic mission, these dorms require residents to complete yearlong projects focusing on service, leadership and learning. Project proposals are due this Friday.

Ayesiga said The Residence promotes social awareness with service-based projects, and Löhe promotes intellectual awareness with educational-based projects.

"Wartburg has a legacy of service," Ayesiga said. "Wartburg student are motivated and outgoing. They really want to make a difference outside of the classroom."

The Residence suite projects are dedicated to yearlong service projects. Each suite volunteers six to ten hours of service each month to a cause, organization or business in the community.

Garrett Heidenreich and Ryan Henderson, two residents from a Residence suite, dedicate their time at Bartles Lutheran Retirement Community. Their project consists of playing music for Bartles' residents two hours every Saturday, as part of their monthly volunteer requirements.

"The residents love it more and more every time we play. Their moods improve so much. It really feels like we're make a difference in their lives, even if it's just two hours a week," Henderson said.

Residence members also write monthly reflections to discuss their service and learning experiences and how they have been personally impacted, Ayesiga said.

Heidenreich said service projects are a great demonstration of Wartburg's dedication to helping the Waverly area communities.

"Local service projects do just as much good as distant service trips," Heidenreich said. "Expressing ourselves through service shows that we're taking on Wartburg as it's meant to be. We're not just getting up and going to class, but doing things to help others outside of class."

A goal for the projects is to incorporate learning outside of the classrooms, Ayesiga said. Löhe suites and both buildings' single rooms are dedicated to yearlong educational projects.

Each month, suites prepare informational posters centering on a long-term theme such as academic studies, vocational goals, cross-cultural experiences or other unique interests or life experiences. Single room occupants work together twice a semester to create informative bulletin boards.

Haley Peters, Becky Jennings and two other suite members in Löhe profile women each month who have made a difference through leadership and service, such as Sally Ride, Edith Head and Michelle Obama.

"I hope it empowers other people. It's not just about getting information out there. It's motivating people to change their environment or influence others on campus," Peters said.

While living with friends is important, Peters and Jennings said they feel they've grown closer with their roommates by working collaboratively on their monthly posters.

"You have to communicate with each other. We do things as roommates, but we all have completely different schedules. This is just one more thing that brings us together," Jennings said.

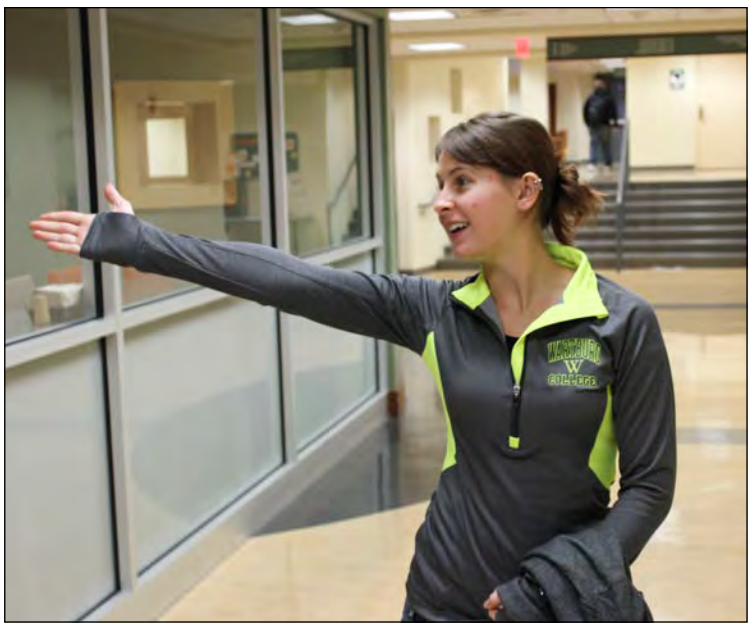
Educational projects use teamwork and leadership to enhance the educational experience, Ayesiga said.

"Wartburg is teaching students how to be better prepared for the world out there," Ayesiga said.

"I hope this will be a continuous learning process, that they just don't stop giving back, working hard and learning after Wartburg."

- The Löhe Hall and Residence Hall project proposals are due by 4 p.m. Friday, Nov. 22, to Yvonne Ayesiga at yvonne.ayesiga@wartburg.edu.
- Presentations will take place Monday, Dec. 2 though Friday, Dec. 6.
- For more information on project requirements visit www.wartburg.edu/reslife/learning.aspx.

Student visits increase



Jena Daubenberger is just one of the 68 ambassadors who give tours to potential students during visits. — **Ta'Mone Williams**/*TRUMPET*

HANNAH BURLINGAME
ASST. KNIGHTLIFE EDITOR
hannah.burlingame@wartburg.edu

This year, Admissions and Wartburg Ambassadors have seen an increase in the number of potential student visits, Todd Coleman, assistant vice president for admissions, said.

Compared to where numbers were last year at this time, visits are up by 10 percent which equals about 70 more visitors, Coleman said.

This increase is because of more individual family visits while visit days have remained fairly constant.

"It is very exciting. Our plan is always to encourage people to get here on campus and visit," Coleman said.

Coleman said the increase in numbers is due to many reasons, some of which include the coaches and music directors at Wartburg encouraging people to come to campus.

He also said marketing efforts may be causing higher visit rates.

Tony Smith, admission counselor for Central Iowa, said counselors on the road always push student visits. A good visit could make or break a student's decision to attend Wartburg, Smith said.

"We had Scholarship Day and we had a father come and sought out Todd, our director, and started telling us of this tour he went on for Scholarship Day. He said 'if this day hadn't sealed the deal that tour did,'" Smith said.

Ambassadors are having to give more tours because of increased visits.

Grace Clark is in her fourth year in the Ambassador program. Clark said she has seen the rise in visits first hand.

As an ambassador, Clark has two times a week set aside for visits and time for taking students to lunch.

In addition, she hosts overnight visits. Clark said the number of overnight visits are consistent with where they have been in previous years.

In one day there were 30-35 visits, Coleman said.

Clark said she believes the trend of increased visits will continue.

Coleman hopes the trend of higher numbers, which includes an increased number of applications, continues.

Recipes for many desserts, such as cookies, have been revised to use butter instead of margarine. — **Ta'Mone Williams**/*TRUMPET*

Trans-fats eliminated

◂ continued from p. 1

The relearning process was tedious, but worth the effort Empie said. Perfecting their recipes for over year, another change implemented included new fryer oil.

Empie said the only places students can consume trans-fats can be found in prepackaged food available for purchase in the Den or Konditorei.

Empie said Wartburg Dining Services is ahead of most states in the effort to eliminate to trans-fats and fully expects a law restricting trans-fats to be passed in Iowa.

"There are some states that have started requiring [the elimination of trans-fats] on menus," Empie said. "And as that has happened and we move towards the future, it will be easier to find food sources without trans-fats."

Students pray for Philippines

◂ continued from p. 1

She said she hasn't heard much from him directly yet about what is going on or how he is doing but she knows that he is alright.

"None of us have heard directly from him, except for his daughter," Devine said. "It's hard because you want to find out everything, but then again, you know it's hard for them to communicate."

Devine said the best thing to do right now is pray and hope for the best.

A prayer vigil was held in the Wartburg Chapel on Wednesday, Nov. 13 to honor and pray for those affected in Typhoon Haiyan.

"One of the cool things is that a vigil, waiting and praying and watching over those who are in need, expands religious traditions so its such a great place for us to come together," Bouzard said.

Bouzard also said the Wartburg Asian Association has set up donation boxes around campus for donations to send to people in the Philippines affected by the typhoon.

"I think that our Wartburg Community is such a strong place for thinking about helping others," Bouzard said.

"I hope as students progress through the year we will find some good ways to raise money to be able to share with the people in the Philippines, and also continue to also look around us and see the fact that it's not just the big disasters but there's daily stuff that we can help with as we look at helping our neighbors."

Student Senate Minutes

Secretary of State Matt Schultz will be at Wartburg on Wednesday, Nov. 20. He will be speaking in Buckmaster at 7 p.m.

The Asian Student Organization was awarded $27.66 in supplemental funds.

Wartburg Outdoors was approved as an official Wartburg Student organization.

Student Senate is accepting rolling applications from people who are interested in becoming senators. The application can be found on the Senate website.

Keep an eye out for the Student Senate Leadership Scholarship application. It will be out soon.

Students fight to end hunger

JESSICA GRANT *STAFF WRITER*
jessica.grant@wartburg.edu

Hunger and homelessness are a reality of life, Felicia Finley, the vice-president of Manna, said.

Although they form a horrible reality, a reality which no one wants to face, these two issues are going to impact every single one of us, Finley said.

St. Elizabeth's Week, Nov. 16-22, is a time of education and action centered on hunger and homelessness.

The week offers students, faculty and staff opportunities to make a difference in the lives of others whether it be on a local level or around the world.

"St. Lizzie's Week is all about giving back to those who are hungry, homeless and impoverished.

"Students have the opportunity to increase their knowledge of these worldwide problems and hopefully be inspired to do something about them," St. Elizabeth's Week planning committee member Jessa Bidwell, said.

St. Elizabeth's Week kicked off with members of Manna volunteering at the Northeast Iowa Food Bank on Nov. 16. Amber McKain served by stocking shelves with donated food. — **Jessica Grant**/*TRUMPET*

One such opportunity for education is the Voices of the Issues panel, which will be on Thursday.

Representatives from the Hospitality House, Cedar Valley Friends of the Family and the Northeast Iowa Food Bank will bring the issues to life, volunteer Kjerstin Lewis said.

The panel will also feature insight from a man who used to be homeless, but has since turned his life around.

Another chance for people to learn about hunger is Wednesday during the Famine Feast, an event hosted by Manna.

Participants will learn how social class affects hunger while speakers from the community will share their experiences.

Discussing hunger is important, Finley said, but it is difficult for most students to imagine what it is like to be "food insecure."

Being food insecure is when an individual does not know where his or her next meal will come from.

The 30-hour fast, which starts Wednesday, is an opportunity for students to see that other perspective, Finley said.

She said by not eating for 30 hours, students will gain a new appreciation for what they may take for granted.

"I think that sometimes we get too comfortable in our own lives and don't realize what challenges other people face every single day," Lewis said.

A glimpse of these challenges will be realized during the 30-hour fast.

St. Elizabeth Week is also in conjunction with the National Hunger and Homelessness Awareness Week.

Although hunger and homelessness may seem like huge problems to tackle, every action counts, Logan Goetzinger, a planning committee member, said.

"Even the smallest amount of help makes a large impact on aiding those who are affected by poverty," Goetzinger said.

For a full schedule of the week's events, visit http://www.wartburg.edu/se/events.aspx.

Nuclear power 'energizes' series

Charles Figura, Keep on Learning lecturer and Wartburg professor of physics, teaches an audience about nuclear energy on Nov. 14 in the Saemann Student Center. — **Daniel Haack**/*TRUMPET*

DANIEL HAACK *STAFF WRITER*
daniel.haack@wartburg.edu

The Keep on Learning series is giving the Waverly community an opportunity to learn more about the topic of nuclear energy by having classes in the Saemann Student Center.

Charles Figura, professor of physics and the academic adviser for the Physics Club, is teaching classes about nuclear energy.

The classes are intended for community members to learn more about nuclear power, Figura said.

"I find that once people go to a session, they see it as a good way to continue learning about the world that they live in," Figura said.

The topic of nuclear energy came from the physics capstone class, Figura said.

He said it is a great subject and an interesting topic to explore in-depth.

"While nuclear power could be very technical," Figura said, "there is a lot of societal and cultural importance to it."

The classes are a great way to learn a different perspective, Elaine Main, a Waverly resident, said.

The classes are a way to better understand the nuclear energy that is in our world, Main said.

"There is so much to learn at these classes and it is a good opportunity to find out about nuclear power and what it actually is," Main said.

The classes are divided into different areas of focus that concern nuclear power, Figura said.

The four sessions go through the timeline of using nuclear resources, he said.

"We aren't trying to answer the question, 'Is nuclear power a good thing or a bad thing,'" Figura said.

"The goal of the course is, as citizens, to think about that question from a more informed perspective."

The classes bring awareness to what nuclear radiation is capable of doing, Figura said.

Major catastrophes with nuclear power are explained during these sessions.

"We want to take a look and see exactly what we know happened and what we have been able to learn about nuclear accidents in the years since," Figura said.

While this is an event for the community, students are welcome as well, Figura said.

"I would love to see students come," Figura said.

"The great thing about Keep on Learning is that it is an audience of people who are interested in a topic," he said.

The classes meet on Thursdays in the Heritage Room of the Seamann Student Center from 9 a.m. to 11:30 a.m.

Figura said he has had a great experience with the Keep on Learning classes.

"I've been having a lot of fun with these," Figura said.

"It's a chance to dig into some material in a slightly different perspective than I am able to otherwise."

RACK 'EM UP PROMOTIONS & Apparel

LICENSED WARTBURG VENDOR

We offer T-Shirts and custom art work, embroidery and promotional products.

Phone: (319)-352-9475

Wartburg feels 'sophomore slump'

CAITLIN HARBACH *ASST. NEWS EDITOR*
caitlin.harbach@wartburg.edu

More students in their sophomore year of college have less interest and desire to excel in their academic studies compared to their freshmen year, also known as "the sophomore slump," according to a new article by The New York Times.

Dr. Edith Waldstein, vice president for enrollment management, agreed college students may struggle going into their sophomore year but looks at the process as a transitional phase instead of a "slump."

As defined by urbandictionary.com, it is when a sophomore student fails to live up to the ideals of their first year in college academically.

"What happens in the second year, is that the shock of the first year is over," Waldstein said.

"But many second-year students still aren't feeling settled enough in terms of where they're headed and their academic planning."

According to a report by the Education Advisory Board in 2012, six percent of students at state colleges leave in their sophomore year.

Additionally, a survey in 2012 by the firm Noel-Levitz says a fourth of sophomores reported not feeling "energized" by their classes or living on campus.

Waldstein said while the study results may show the sophomore slump is becoming more common nationally, it only reflects on Wartburg's retention rates to a certain degree.

"Some will give up, step out or think the grass is greener on the other side," Waldstein said.

"Interestingly enough, often times when that happens, they end up coming back to Wartburg."

The overall retention rate from the fall term in 2012 to this year is 88 percent for the entire student body, the site said.

In terms of the freshmen to sophomore year retention rate, the school reported it at 81 percent.

Second-year student Angela Zook said she doesn't believe she has experienced a "sophomore slump" but said she's seen the phenomenon in action.

Zook currently majors in psychology with minors in communications arts and leadership.

"I know people who have experienced it," she said.

"Yes, classes get harder but that is expected. It differs from person to person. Some people go into a major with a certain expectation and then change their mind."

First-year student Alex Gheysens said he never heard of a "sophomore slump" until his first year in college. However, he hopes it does not happen to him.

Gheysens has not declared a major yet and plans to make his decision by the next school year.

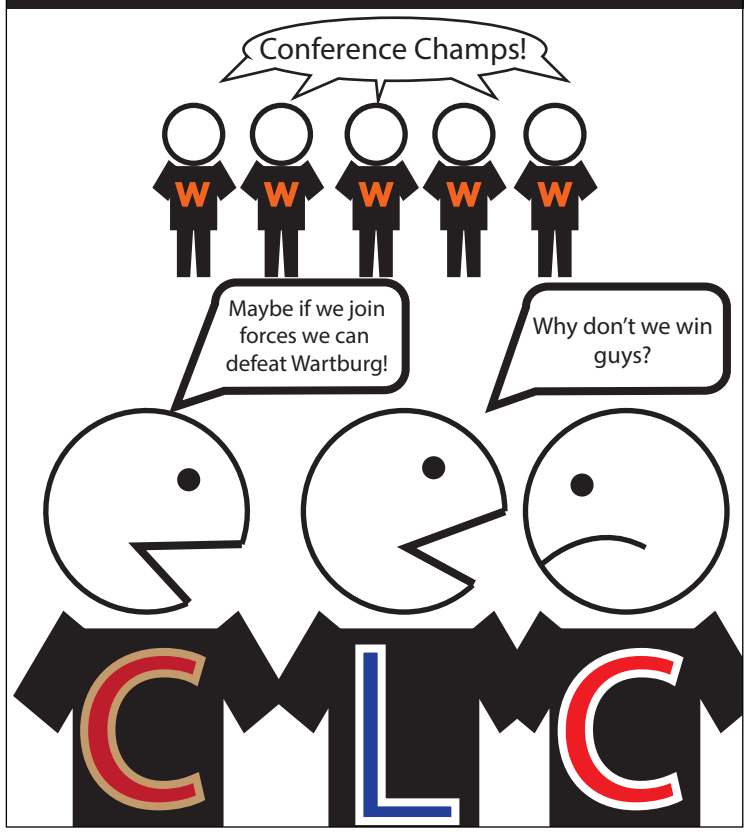
"I was always actually expecting that sophomore year would be a little easier than freshmen year because you get used to the entire college system, learn to plan and make your priorities," Gheysens said. "I thought sophomore year would be the better version of freshmen year."

To better prepare for sophomore year, Waldstein encourages students to take advantage of using the resources available at the college such as going to the Pathways Center, building a relationship with your academic adviser and getting involved in other activities.

"It's developmental," Waldstein said.

"This is the time where students want to be focusing on what the best major is for them."

Comic



— **Ta'Mone Williams**/*TRUMPET*

Choice Words | WARTBURG SOUNDS OFF

So the heat in the entire building is turned off...Really Wartburg?! There is ICE on the ground! And they wonder why people don't want to go here.
- Frustrated student

Two guys overheard leaving the Mensa: "Yeah the game has begun! I've already run naked through the halls in Hebron!"
- Did I miss something?

Wireless Internet?
What wireless Internet?
- Life at Wartburg

Boys on Founders Two:
We know who you are. STOP smoking pot under our rooms! The smell is getting on my clothes and you will pay to have them cleaned.
- Tired of smelly neighbors

You are smart. You are kind. You are loved! Never forget that.
- World Kindness Week

No heat, no Internet, no motivation. And there goes my productive night.
- The struggle

Thank goodness break is almost here...
- Stressed college senior

Wartburg students: Don't be afraid to try something different or new. It isn't going to kill you. It MIGHT open your mind a little bit, you MIGHT have some fun or you MIGHT make new friends. The choice is yours...
- Over conformity

Dearest neighbors:
You are already at your loudest from 11 p.m.-1 a.m. Why do you suddenly need to leave your door wide open as well? I'm sorry but we really don't care to know your business. Also - tell your boys to wear clothes if the door is gonna be open...
- Your lovely neighbors

I LOVE tea!!! I'm so glad I found a link for free samples.
- New obsession

Professor: I'm sorry but no, you are NOT the only "full credit course" I am taking this year. I am not slacking on your class, like you OBVIOUSLY think I am either. Stop acting like life begins with your class.
- Busy, but productive, psy student

So...is anyone else excited for Hunger Games 2?!
- Team Peeta

Choice Words is dedicated to the (truthful?) expression of the students, faculty, staff and alumni of Wartburg College. Want to share your thoughts, observations or wisdom? Serious or delirious, it's time that you're heard! Tweet #choicewords at @wartburgtrumpet to see your thoughts here! You can also submit Choice Words on The Circuit at wartburgcircuit.org/choicewords. The Trumpet reserves the right to censor inappropriate and libelous comments.

You are what you eat

How to take control of your diet as a college student

KRISTIN CANNING *EDITOR-IN-CHIEF*
kristin.canning@wartburg.edu

Most people don't look back at their college years as their healthiest. We all know that hydrating with coffee, beer and Mountain Dew and getting our energy from microwaved pizza isn't good for us.

We have little time to cook healthy meals, small budgets that don't leave much room for organic shopping, and most of us are on meal plans – meaning we're not always cognizant of what goes in our bodies.

For most, it's not a concern. We save these unhealthy binges for weekends and late night study sessions.

We eat healthy most of the time. However, the effects of genetically modified organisms (GMOs) on our diets has become a concern for food industry researchers. The news on GMOs might make you reconsider what "healthy" even means.

GMOs are plants or animals that have been altered to contain the genes of another species of living organisms, bacteria or viruses in order to get desired traits like resistance to pesticides or disease.

This sounds like the process of selective breeding that farmers have always used to achieve higher yields and larger produce. There's one big difference though – selective breeding can be done naturally and without adding foreign genes.

According to the Center for Food Safety, GMOs are present in 60 to 70 percent of U.S. foods, mostly processed foods. However, even some produce can be genetically altered – papaya, some zucchini, squash and sweet corn that are sold for direct human consumption have altered DNA.

No animals that are sold for consumption are bio-engineered, but what they eat is. The majority of the feed for livestock and fish is genetically modified corn, alfalfa and biotech grains.

Some scientists are linking our country's GMO food supply to obesity, diabetes, heart disease, allergies and cancer, although genetically altered foods have been declared safe in the U.S.

That's why you don't see any labeling on foods that are genetically modified – they're not required in our country. In Europe, genetically modified foods must be labeled.

It's hard to know if these foods have negative effects on our health. It's known that the growth of these foods effects our environment. The use of pesticides to kill crop weeds has created pesticide-resistant weeds.

According to the article "Five Surprising Genetically Modified Foods" in Mother Jones, since genetically modified plants can resist pesticides, hundreds of millions of extra pounds of pesticides can be sprayed on these plants to kill the new resistant weeds.

The process just keeps escalating, leaving the plants covered with chemicals.

This is the food that goes into almost all of our processed food and feed for livestock that becomes our meat products. It's all a little creepy to think about.

If you are concerned about GMOs, there are ways you can avoid these foods. Certified organic foods aren't genetically modified and organic meat products are not fed with genetically modified produce.

Foods that claim to be all-natural might not be – there are no official regulations or standards for the term "all-natural" on food labels.

It's never easy to keep track of everything in your diet, especially as a college student. But that's no excuse for being unaware of what's in your food. Even the Mensa offers organic options.

Margaret Empie, assistant vice president for dining and retail services, said the Mensa purchases locally-raised, organic beef, one cow at a time, to be used in pizza burgers, some roasts, steaks and ground beef.

Empie said it would be too expensive to provide all certified organic food to 1,400 students. But signs are placed near organic foods when they are offered in the Mensa.

The Mensa is making an effort to buy locally too. A sign near the plate receptacle shows the areas where most food is transported from. Less time spent in transit means fresher food, less preservatives and a smaller carbon footprint left behind.

Dining Services also uses organic honey from a local bee keeper in foods like homemade granola, which is sold around campus. The non-flavored coffee in the Konditorei and the Zesty Orange is organic, fair-trade coffee.

Students can also take advantage of Waverly farmer's markets and organic food options in supermarkets like Hy-Vee, Fareway and Walmart. Students should take time to check out food labels and avoid processed foods when possible.

College is where we form the habits that will carry us through the rest of our lives. If we start paying attention to what we eat now, we may be able to set ourselves up for healthier and longer lives.

Students can learn more about GMOs from Jeffrey M. Smith's "Genetic Roulette."

Whether you're concerned with GMOs or not, college is a time to become responsible for your health and take control of your diet. With organic options in the Mensa, it might be a matter of making responsible choices.

A sign in the Mensa near the tray return shows the local areas that Dining Services purchases some of its food from. Buying local means food is fresher when it reaches Wartburg. — **Ta'Mone Williams**/*TRUMPET*

Trumpet

Produced weekly by Students
at Wartburg College, 100 Wartburg Blvd.
Waverly, Iowa 50677

Kristin Canning, ***Editor-in-Chief***

Jeanne Edson, ***News Editor***
Kristin Canning, ***Op/Ed Editor***
Sarah Boraas, ***Knightlife Editor***
Caitlin Harbach, ***Asst. News Editor***
Nathan Ford, ***Sports Editor***
Hannah Burlingame, ***Asst. Knightlife Editor***
Ta'Mone Williams, ***Photo Editor***
Alyssa Noble, ***Asst. Sports Editor***
Sibusiso Kunene, ***Graphics Editor***

Cliff Brockman, ***Faculty Adviser***

Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or emailed to wartburgtrumpet@gmail.com. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Experiencing Spanish culture

The Spanish Club hosted a salsa dancing night for students to experience Spanish dance culture for themselves

Spanish club leaders instructed the students on dance moves that can be used in salsa dancing, the merengue and the bachata Friday, Nov. 15, in the Sandra Rada Orchestra Hall. — **Kelsey Bemus**/*TRUMPET*

KELSEY BEMUS *STAFF WRITER*
kelsey.bemus@wartburg.edu

Students had the chance to learn about the Spanish culture in an interesting way last week.

The Spanish club hosted a salsa dancing night on Friday, Nov. 15,

The dance class took place in the Sandra Rada Orchestra Hall Friday night.

In addition to salsa, participants also learned dances like the merengue and the bachata.

"... they like it because it's something unique. I primarily think it's because salsa night is not something you hear of happening in Iowa very often."
— Anne Epley-Birtwistle

Club member Anne Epley-Birtwistle said most participants come to the dance nights because they want to experience something new.

"I know when I was a freshman I came to salsa night just because I wanted to see what it was like," Epley-Birtwistle said.

"I think students like it because it's something unique. I know a lot of students will go because they get extra credit. I primarily think it's because salsa night is not something you hear of happening in Iowa very often."

Epley-Birtwistle said this is the third year salsa nights have been offered for students at Wartburg.

This is the first time salsa night has taken place this year, but she said there will most likely be more in the near future.

The class was instructed by five student leaders involved in the Spanish Club.

One of the instructors, Angelo DeNubbila, said he has been dancing since he was a child in Columbia, which is where he is originally from.

"I think it was just part of the culture in Columbia," DeNubbila said.

"Salsa is huge back there. It's very different than what you find here in the bar."

Kelsey Brown said she has come to the event many times and said she enjoys coming for a variety of reasons.

"I think it's a really good way to meet new people, have fun and learn new skills such as dancing," Brown said.

"Dancing is such a vital part of many different cultures and I think it's really important to learn and experience it for yourself, she said."

Most of the class was spent teaching and instructing participants on different dances involved in Spanish culture.

Participants were then given free time to practice any of the dances they wanted or liked the best during the instruction.

DeNubbila said he enjoyed seeing the interaction between the students that participated during salsa night while being an instructor.

"I just like seeing everyone trying out the dances," DeNubbila said.

"It's a lot of fun because you feel like you are actually teaching them something brand new. Sometimes they don't get it right the first time and it can be funny to watch, considering I've grown up with these kinds of dances."

Epley-Birtwistle said if students are wishing to learn more about the Spanish culture, they should consider being involved in the Spanish Club.

The Spanish Club is looking to become more active on campus next semester and is looking for more students that are interested in being involved.

She said they have had movie nights before and hope to have more salsa nights this year.

They are also looking into more organizational activities to offer through the club such as traveling to a theatre in Minneapolis to see a Spanish play.

However, DeNubbila said whether or not people want to learn more about the culture, anyone looking to have a good time and learn something new is welcome to participate at the salsa nights.

"If you are that type of outgoing person that doesn't really care about making fun of yourself or just dancing and having fun, this is the place to be," DeNubbila said.

"Even if you don't have any rhythm, it's fine. We just encourage people to come here, have fun and learn something new."

Wartburg highest in private college license plate sales

MICAH JENSEN *STAFF WRITER*
micah.jensen@wartburg.edu

Compared to other private schools, Wartburg currently has the highest number of collegiate license plate sales in the state of Iowa.

Renee Voves, Director of Alumni and Parent Relations, said selling Wartburg license plates has only been happening for less than ten years.

Before that, only large colleges like UNI or Iowa State had school license plates.

Wartburg has sold a total of 468 license plates with Central College second, selling 392 license plates.

Drake University, Luther College and Simpson College have the next top collegiate plates sales in Iowa.

"I think our alumni and students are proud. They bleed orange. They want to show off the orange and black, and the plates do that," Voves said.

Voves said the license plates can be very creative and include phrases from events that only people that are familiar with Wartburg would understand.

Winner of the Mr. Wartburg 2012 competition Hunter Pagel, said he got a Wartburg license plate because he got a new truck two years ago and wanted something unique for his license plate.

He said he thought about customizing it to his name, until his father suggested changing it to "MR BURG."

Pagel said the license plate is a great conversation starter.

"When people see the Mr. Wartburg license, all I can say is 'haters gonna hate,'" Pagel said.

Another Wartburg student, Niki Harrison, from Rochester, Minn., said she does not have a Wartburg license plate, but she definitely would if she lived in Iowa.

Voves said the process to get a Wartburg license plate is easy for students, family or alumni that are interested.

All you have to do is go to the Wartburg website and search "License plates," he said.

From there, you can download the DOT form to print and fill out.

The standardized plate is $25 and a customized plate is $35.

The plates then only have a $5 fee each year.

"It was very easy to get. You just had to apply. It costs maybe $15 more than a regular license plate. You just have to apply and then write what you want it to say on it," Pagel said.

Voves said the license plates are always advertised in the Knightline, which is the monthly e-newsletter that is sent to all alumni, parents and students involved with Wartburg events.

Sometimes there are giveaways where someone can win a free Wartburg license plate.

Voves said the best marketing tool to inform people about the license plates has been through word of mouth.

"You see my plate and you think, 'I really want one of my own,'" Voves said.

"That's the best form of marketing, and since we have the most out there, we're just going to keep getting more."

Hunter Pagel currently has a customized Wartburg license plate. This year, the Alumni Office hopes more students on campus will be interested in the license plates. — **Micah Jensen**/*TRUMPET*

Prep for Wartburg tradition underway

JESSICA HOYNG *STAFF WRITER*
jessica.hoyng@wartburg.edu

Ritterchor started learning their songs four weeks before group rehearsals for Christmas with Wartburg started. — **Jessica Hoyng**/*TRUMPET*

The trees are lit, the backdrop is up, and the stage is set — it's time for another Christmas with Wartburg season.

Every year around the holiday season, several departments, ensembles and offices team up to put on Christmas with Wartburg.

The show is performed by the Wartburg Choir, St. Elizabeth Chorale, Ritterchor and the Wind Ensemble.

The Neumann Crew is involved in producing the show and ensures that the show runs smoothly.

Several other campus offices are also involved.

"One of the things I enjoy most is the collaboration of all the different groups and the different art forms and the different people across campus, from the Communication and Marketing program, to the Campus Ministry to the Development, Admissions, Alumni, then of course throughout the entire music building," Dr. Lee Nelson, Wartburg Choir director and executive producer of Christmas with Wartburg, said.

Christmas with Wartburg uses art and music to tell the same basic story, the Christmas story, each year, but with a different approach.

Nelson works with a team of other music department faculty to determine a new theme for each year's show.

"That's why I think the theme is so important. It focuses our perspective. It focuses through what lens we're looking at the Christmas story and the holiday season," Nelson said.

The theme each year is illustrated with the music choices, the show narration and the decor and backdrop.

This year's theme, The Marvel of the Night, is based on the song "Before the Marvel of this Night."

"I'm looking forward to seeing the theme come alive for the audience and for the performers so that it becomes a very beautiful experience for them, not just entertainment," Dr. Leonard Upham, director of the Wind Ensemble, said.

Dr. Craig Hancock, director of the Wartburg College Concert Bands, is on sabbatical this semester, so Upham, a retired music educator who formerly directed bands at the University of Northern Iowa, is directing the Wind Ensemble.

Upham was also involved with Christmas with Wartburg when Hancock was on sabbatical in 2004.

"It was a much simpler setup [in 2004]. The wind ensemble was on the stage and the choirs were down in front. And all I recall is just decorations on the stage. There was no backdrop or anything like that. It's a big change," Upham said.

Nelson said he hopes students will invite friends and family to the show.

"It's an event that will surely put people in the mindset, the right mood for the holiday season," Nelson said.

On Friday, Dec. 6, the show will travel to Lutheran Church of Hope in West Des Moines for a performance at 7:30 p.m.

Performances will be in Neumann Auditorium on Saturday, Dec. 7 at 3 p.m. and 7:30 p.m., and Sunday, Dec. 8 at 3 p.m.

Tickets for most of the shows are sold out, but a few are still available.

For more information and to order tickets, visit www.wartburg.edu/Christmas.

Students prank positively with ding dong ditch event

ERIC HILPERT *STAFF WRITER*
eric.hilpert@wartburg.edu

Students on the first floor of Centennial "ding dong ditched" students on the third floor of Clinton on Nov. 11 and left note cards with positive sayings on them.

Andrew Tubbs, Resident Assistant of first floor Centennial, hosted the "positive pranking" event as part of his floor program and to celebrate World Kindness Day, which took place Nov. 13.

"Because of the stress of finals, with the poor weather and it's getting dark earlier, this is the sad season, when depression sets in, people just in general seem to have a lower self-esteem so it was just something a little positive to bring someone's day up, just to make someone's day during a time that is very difficult," Tubbs said.

The group left the cards with encouraging statements and tootsie rolls at the students' doors.

The note cards contained messages including, "you can do it," "you can make it through this week" and "break is almost here."

Since they knocked and ran, they have not heard if the event helped the students on the third floor of Clinton. However, the participants seemed to respond positively, Tubbs said.

"The people who participated really enjoyed it," Tubbs said. "They felt good about it afterwards and they wanted to do it again."

Liz Rucker, who lives on the third floor of Clinton, received a card that said, "you have really nice elbows."

"I was really confused when I heard people knock on my door then heard feet scampering down the hallway. I laughed when I read the card, nice elbows, really? Well it made me laugh, so I guess it worked," Rucker said.

Since the event, Rucker has been looking for small ways to help others as well.

"After I received the note card, I began trying to find ways to continue the random acts of kindness," Rucker said.

"Even though this was a small act, I believe that something like this can help people through a tough time, whether it is finals, family issues or anything."

Tubbs received the idea from a video blog called vlogbrother, which started in 2007.

In one of their earlier videos, they performed positive prank calling.

They would call random people and tell them a good quote or positive statements, then hang up.

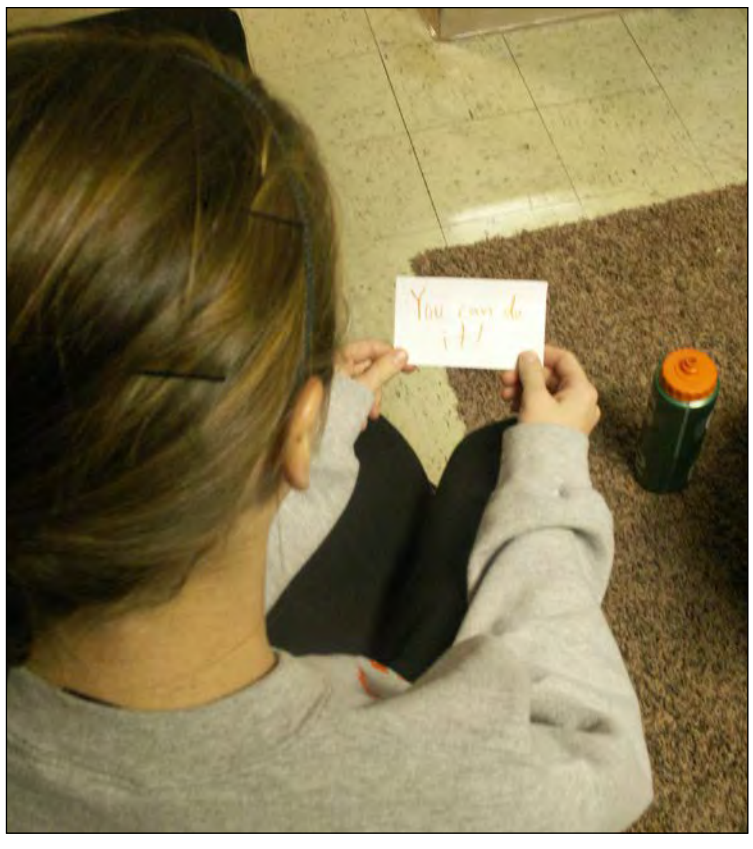
"Positive pranking takes the connotation of pranking and turns it on its head to make it something positive rather than something that's negative," Tubbs said.

Six or seven students from first floor Centennial participated in the event with Tubbs.

Tubbs thinks the weather hindered people from showing up.

Tubbs hopes to plan another ding doing ditching event when the weather is warmer, so more people will participate, maybe sometime second semester near finals.

He wants to go into the Waverly community to ding dong ditch there.



Liz Rucker reads the card she received from positive ding dong ditching in her room on the third floor of Clinton Hall. — **Eric Hilpert**/*TRUMPET*

Wartburg wins NCAA thriller

Connor Johnson sends men's soccer to the Sweet 16 with an overtime goal

ALYSSA NOBLE *ASST. SPORTS EDITOR*
alyssa.noble@wartburg.edu

The Wartburg men's soccer team pulled through in overtime against Hope College to win their regional championship and earn themselves a spot in the Sweet 16.

The Knights and Hope were scoreless after the first half, with only one shot on goal coming from Wartburg's Peter Tran.

In the second half Wartburg's Jake Reiter scored past the outstretched arms of Hope goalie Ethan Beswick. The assist came from Matt Buzynski to put the Knights on top 1-0 in the 74th minute.

That lead didn't last long. Less than four minutes later, Hope's Jason Mueller connected for the Flying Dutchman to even the score.

As the clock ticked down to the final minutes, neither team could execute a goal, sending the game into overtime.

This was the Knights' eighth game that has gone into overtime. Wartburg hasn't always been successful in overtime, just winning two of the overtimes before Saturday's game.

Wartburg's Bob Brown kicks the ball during the Knights' win over Hope College. — **Alyssa Noble**/*TRUMPET*

"We usually try and fake it to have the confidence and cheer loud, whatever, and get the guys going. This time we actually calmed down," Wartburg head coach Kirk Artist said. "We did a little visualization thing for about 30 seconds, and that seemed to get them back focused."

It took a little over seven minutes for Wartburg's Connor Johnson to find the back of the net for the Knights, sealing their fate to the sweet 16.

"It was awesome. I mean it's surreal, right now and everything it's amazing," Johnson said.

This was the Knights' (17-4-2) 10th game this season that they won by only a goal.

"Finishing the close ones is what we have to do," Artist said.

Wartburg was playing without its two leading goal-scorers. Dan Nadeau was out sick while Zubeen Azari was suspended after receiving a red card in Friday's first round win over Dominican.

The Knights took 17 shots, eight on goal, compared to Hope's 10 shots and only three on goal.

"We all worked together great," Johnson said. "(There's) a lot of confidence in each other (and) a lot of chemistry. We played well together as a group."

"It was a whole team win," Artist said.

"I think we can play anybody in the nation."

Wartburg will play No. 7 Trinity (Texas) and Puget Sound this weekend at a location and time to be announced. Go to wartburgcircuit.org for the latest information.

Men's XC sixth, Read 17th at regionals

NATHAN FORD *SPORTS EDITOR*
nathan.ford@wartburg.edu

The Wartburg men's cross country team came up short of a possible national meet bid for the second straight year, taking sixth at the Central Region championships in Northfield, Minn. on Saturday.

The Knights finished with 183 points, 43 behind fifth-place Loras. No. 3 St. Olaf and No. 10 Central took the top two spots with 51 and 61 points, respectively.

A team has to finish in the top five for a chance to be selected for nationals.

"They're disappointed. They wanted to do better," Wartburg head coach Steve Johnson said. "They were probably a little too aggressive in getting out and going and that probably cost them a little bit."

Sam Read took 17th individually in a time of 25:36.12, which earned him a trip to nationals.

"Sam has been an outstanding leader. He's just a moderate high school talent, but he's earned everything he's got," Johnson said.

Chase and Bennett Moser earned All-Region honors for the second straight year, along with Read, by finishing 21st and 30th with times of 25:38.42 and 25:58.12.

Adam Best (51st, 26:30.07) and Ryan Hermsen (64th, 26:49.07) rounded out the team scoring while Ryan Kloberdanz (26:59.42) and Derek Beaumier (27:53.17) finished 73rd and 108th out of 181 runners.

"They're not that far out of national qualifying," Johnson said. "We just are not quite there yet as a program in putting ourselves into position of being able to pull that off. They're a little disappointed obviously but at the same time, they ran great and very tough. I'm very proud of them."

Wartburg's All-Region runners. (Front row from left) Bennett Moser, Sam Read, Chase Moser. (Back row) Lauren Mapes, Haddie Vawter, Sammi Bruett, Serena Goetzl, Elli Parker. — **Morgan Gerdes** /*TRUMPET*

Pointers rally to beat Knights in NCAA Tournament

NATHAN FORD *SPORTS EDITOR*
nathan.ford@wartburg.edu

Just when it seemed like the story would be different for the Wartburg volleyball team, the ending became all too familiar.

No. 19 UW-Stevens Point rallied from a 2-0 deficit and beat the Knights in five sets for the second time this season.

Wartburg's season ended in the first round of the NCAA tournament at Schoenecker Arena in St. Paul, Minn. for the second straight year.

Momentum was on the Knight's side after two 25-21 set wins and a 19-14 lead in set three.

Suddenly the Pointers woke up, went on an 11-1 run to win set three and Wartburg was never the same in the final two sets of a 25-21, 25-21, 20-25, 21-25, 12-15 loss.

"We should have finished it out," Wartburg co-head coach Jennifer Walker said. "You just can't count on getting it done in the next set. You have to get it done when you have those opportunities and we just fell short tonight."

The Knights played some of their best volleyball of the season in the first set, hitting .429 and digging 20 balls in a 25-21 win.

"That's what we talked about in the locker room, too, is that's exactly how we need to be playing at this time of the year," Walker said. "That was exciting to see and fun to watch our athletes competing at that level the first two sets."

Wartburg led UW-Stevens Point 2-0 back on Sept. 13 at UW-Oshkosh's tournament. But the big reason the Pointers rallied that time was an injury to Knight setter Ramey Sieck, the two-time IIAC MVP.

Just six points away from sweeping their way into the second round, it all fell apart.

The Knights (26-12) committed four attacking errors, a service error and gave up three service aces as part of the Pointer's 11-1 run that shifted momentum and changed the complexion of the match.

"For whatever reason, we were hitting into the blocks and not able to defend," Walker said.

UW-SP (32-4) sprinted out to a 4-0 lead in set four, but the Knights came back to lead 5-4. That would be the only Wartburg lead of the set, however, as the Pointers went on to win, 25-21.

The Knights led 10-7 in set five, but the script became all too familiar. UW-Stevens Point went on an 8-2 run to win the match a year after UW-Eau Claire ended Wartburg's season with a 7-2 fifth-set run in the same arena.

Stevens Point middle hitter Emma Brunkhorst came alive in the last three sets and finished with 24 kills, hitting .435, and seven blocks. She had four kills in the final eight points.

"She really did the damage on us and we knew going in, that's who we needed to stop," Walker said. "That's what veteran, quality players do is step up when their teams need them."

Meanwhile, Wartburg's hitting percentage continued to dip after the phenomenal first set. They hit .128, .095 and .000 in the final three sets.

Sarah Breuer's attack fell helplessly off the outstretched hands of Sieck to end the match.

Sieck finished with 43 assists, 12 digs and seven kills. WIAC MVP setter Alexis Hartman, had 47 assists, 12 digs and two kills.

Maddie Forsyth (16 kills), Kelly Niemann (eight kills), Marissa Shinstine (22 digs) and Amy Sampson all had their college careers end in heartbreaking fashion. The group tallied over 100 wins, won two conference championships and appeared in three of the program's eight NCAA Tournaments.

"It's just heartbreaking," Walker said. "And these athletes, seniors have meant so much to our program. They set that tone of what's expected in the program and we talked about that in the locker room, too, the appreciation we have for those seniors."

The Knights were 1-4 in five-set matches this year and 4-14 the last three seasons.

TITLE TOWN, IOWA

Football runs over Loras for school's fifth fall IIAC championship

Wartburg players celebrate with the Iowa Conference championship trophy at the Rock Bowl in Dubuque after defeating Loras 59-3 for the outright title. (Front row from left) Martin Hyatte, Donald Miller and Brandon Steggall. — **Nathan Ford***/TRUMPET*

NATHAN FORD *SPORTS EDITOR*
nathan.ford@wartburg.edu

Wartburg senior safety Jared Wauters and his teammates would have waited until midnight to hoist the conference championship trophy if they had to.

The Knights left no doubt on the field Saturday with a 59-3 victory to give them the IIAC title outright and an automatic bid to the NCAA playoffs.

After 30-minute lightning delays before kickoff and at halftime, the only question was when they could finally hold on to the trophy.

"We've waited a whole year to raise the trophy, we can wait a few more hours," Wauters said. "It felt good to get it done, finally."

Wartburg head coach Rick Willis echoed that statement and said they would have done whatever it took to take the trophy back to Waverly for the first time since 2010.

"We weren't gonna let anything bother us or distract us or derail us from what our goal was and what our mission was today," Willis said. "Whatever it takes, however long it takes to do it, that's what we're willing to do. It's always a little bit frustrating when you get in those situations but I thought our guys did a good job of handling it."

The Knights (8-2, 6-1) jumped on the Duhawks (1-9, 0-7) quickly, scoring 21 first-half points and extending that lead to 38-3 at halftime in front of 865 people at the Rock Bowl.

Brandon Domeyer ran 10 times for 76 yards and two touchdowns and Logan Schrader completed 9-of-12 passes for 150 yards and three touchdowns in the first half.

"I thought it was really important for us to get off to a good start and not let Loras hang around with us and that's exactly what we did," Willis said.

Wartburg outgained Loras — which scored in double digits only once this season — 487-142 and had 24 first downs to the Duhawks' five.

Domeyer ran and leaped into the endzone from one yard out on the first two Wartburg possessions for a 14-0 lead less than seven minutes into the game.

Then Schrader delivered a 25-yard TD pass to Robbie Anstoetter at the end of the quarter and 29 and 21-yard strikes to Miller and Anstoetter in the second quarter to give the Knights a 35-0 lead with 6:50 left in the half.

The teams traded field goals before halftime and most of the Wartburg starters sat out for the second half.

"It was great to see everything firing on all cylinders, offense, defense, special teams," senior linebacker Ryan Billings said.

JJ Hanus threw a six-yard touchdown pass to Hunter Westhoff in the third quarter. Then in the fourth, Jake Haberman ran 12 yards for a score. Hanus darted 20 yards to the house a few minutes later.

It was the only convincing win the Knights had in a conference defined by parity this season. Their other five wins came by an average of six points.

"The guys just kept fighting," Willis said. "They figured out how to win. That's a great trait for a team to be tough competitors that play the whole ball game."

Wartburg will play at No. 14 Illinois Wesleyan (9-1) in the first round of the NCAA Division III Football Playoffs at noon Saturday. Go to wartburgcircuit.org for complete playoffs coverage.

Simpson finished one game behind Wartburg in second while Dubuque, Central, Coe and Buena Vista all tied for third with 4-3 records.

It's a rewarding feeling for a program that's lost two conference games by one point and two more by three points as they came up short of the title the last two years.

"The guys, really since this game a year ago, have focused on this day and reaching this goal," Willis said. "To see that happen, that's really the most gratifying piece of it because you know how hard so many people have worked to make the thing happen."

Women's XC wins third straight regional title

NATHAN FORD *SPORTS EDITOR*
nathan.ford@wartburg.edu

Five Wartburg women's cross country runners earned All-Region honors and the third-ranked Knights won their third straight Central Region championship in Northfield, Minn. on Saturday.

The Knights edged No. 15 Carleton, 86-104. Both teams received automatic bids to the national meet in Hanover, Ind. next Saturday.

Wartburg was still running without top runner Alana Enabnit, but Sammi Bruett returned from injury after missing the conference meet to lead the Knights with a sixth-place finish in 22:13.29.

"Having Sammi back really helped. She ran a great race," Wartburg head coach Steve Johnson said. "Her stepping right back up and getting sixth in the region after very little run training – she's been doing a lot of cross training – the last three weeks, that was an awesome run."

Haddie Vawter was right behind Bruett in seventh with a time of 22:22.94.

"Haddie's just a different runner," Johnson said. "She's gonna be fighting for an All-American spot and I believe she can do it. That's gonna be very fun."

Serena Goetzl took 16th in 22:49.39 and Johnson said Lauren Mapes' 26th-place finish in 23:19.04 saved them.

"She had a great race and a big step up for a senior," Johnson said. "She missed all-region last year so I think that was a big motivator for her and I thought she ran great."

Elli Parker (31st, 23:29.14) rounded out the team scoring. Erin Sawyers (24:14.94) and Maddie Kleve (25:01.84) took 83rd and 124th out of 186 runners.

Johnson said there wasn't much emotion afterward from his team that's still undefeated this season.

"To be honest, when you win things, it becomes more of an expectation that you're going to win," Johnson said. "I think they're a lot more excited about going back to the national meet."

He expects Enabnit to be healthy enough to run next week.

The goal is to come away with a trophy – awarded to the top four teams – after finishing runner-up last year.

"If we can get another trophy, that would be awesome," Johnson said. "Anything higher than that is icing on the cake."

WEEKLY SCHEDULE

Wednesday
M Bball @ Grinnell (5:30 p.m.)
Wrestling vs. Simpson (7 p.m.)
W Bball @ Grinnell (7:30 p.m.)

Saturday
Wrestling @ Concordia Open
Wrestling @ Augsburg Open
XC @ NCAA (Hanover, Ind.)
Football @ Ill. Wesleyan (Noon)

TBA
M Soccer vs. Trinity (Texas)*
**Date and Location were not available at press time.*

DOMINANT FALL SPORTS

No school has won five fall conference championships since the IIAC began awarding soccer championships in 1996 until Wartburg this year.

The Knights won the women's cross country, volleyball, football and women's golf championships outright and shared the men's soccer title with Loras and Luther.

Wartburg leads the IIAC All-Sports standings in each category after the fall season.

The women have 34 points in five sports while the men have 19 points in three sports.

MEN'S BASKETBALL FALLS IN LEVICK TOURNAMENT TITLE

The Wartburg men's basketball team (1-1) fell to Mount Mercy (3-5) by a score of 66-56 in the Buzz Levick Tournament Championship game at Levick Arena Saturday evening.

Just like their first game of the tournament, a 78-74 win over Crown, the Knights began the game with very effective play. Senior Thomas Perkins hit two 3-pointers within the first three minutes of the game to push Wartburg out to an 8-2 lead over the Mustangs.

Both teams traded baskets throughout the first half, with Wartburg leading by as much as 14. Mount Mercy took advantage of several missed free throws by the Knights down the stretch to put the game within four points at halftime, 33-29.

When the teams came back to the hardwood, the Knights started right where they left off.

Several 3-pointers by freshman guard Jordan Cannon gave Wartburg a seven-point advantage with 11:20 left.

The Knights maintained momentum until Clay Cook picked up his fifth personal foul and had to sit out the rest of the game with 7:50 left.

From that moment, the Mustangs surged with a huge second-half comeback.

Senior Tajric Boggs paved the way for the Mustangs with 22 points overall, and in the last several minutes he sank eight of his nine free-throw attempts.

Wartburg finished 6-of-18 from the line, while Mount Mercy hit 23 of their 31 attempts from the stripe.

Perkins and Cannon led Wartburg in scoring with 14 points apiece, and senior transfer Chris Thomas had a team-high 10 rebounds. Eddie Diemer also helped out with 10 points of his own.

— *Matt Gruemmer*